



# THE CAVALRY CHARGE

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*America's First Team*

OCTOBER 29, 2010

## Walking for those who can't *Cav officer set to complete 100 miles, non stop*

**"We can never do enough, we should all honor those whose lives are forever changed simply because they chose to serve this nation. They have earned our freedom. And now we owe them and their families our eternal gratitude and support."**

*~Lt. Col. Jack Usrey*

By Spc. Adam Turner  
Editor

**F**ORT HOOD, Texas — According to Pentagon estimates there are nearly 40,000 servicemen and women who have returned home from Iraq and Afghanistan only to wage their biggest fight yet—the fight to rehabilitate.

These decorated combat veterans return to a completely different situation than they once knew. Taking a knee to focus on one's self is the complete opposite of the military standard these brave individuals once embodied. However, it is a necessary one.

"Taking a knee" is something that Lt. Col. Jack Usrey, the 1st Cavalry Division personnel officer, knows all too well. He's given both.

"I had a parachuting accident at Fort Bragg in 1997. A Soldier 'stole' my air, my chute collapsed and I hit the ground as I was pulling my rip cord," said Usrey, from Martin, Tenn.

"I thought I had been hit by a train," he recalled.

"But, I walked away so I count my blessings."

After several surgical procedures to repair his debilitated joints, Usrey's physician determines the only solution would be to replace both knees. The original idea was to replace the first knee wait a year for recovery time, and then perform the next replacement surgery.

"I knew that I didn't have time to spread this out so I talked him into doing both on the same day," Usrey said.

So, on Oct. 28, 2008, Usrey underwent double knee replacement surgery.

"Bad idea," he said. "I lay in bed for the first six weeks, and then began using a walker to get around. I was not a happy camper. I was beginning to wonder if I'd ever walk normal again, much less serve in the Army and play with my kids.

With only one follow up procedure in December of the same year to remove a buildup of scar tissue in his left knee, his joint had locked up even with extensive physical therapy sessions, Usrey pushed himself and started feeling a sense of normalcy in his stride around the six month mark.

"Around that time I began thinking about how I could beat this thing. Those first few months especially all the hours lying in bed, I had some moments of anger, feeling sorry for myself, and all sorts of what I would consider normal emotions," Usrey said.

So with no lack of motivation, Lt. Col Usrey made a decision to walk in celebration of his dual knee replacement anniversary. The only remaining question was how far his celebration of mobility would carry him.

"A friend of mine, Sgt. Maj. (Ret.) Ben Cavazos is an ultra-runner. He does a 100-mile race in Hawaii every year. It dawned on me that if he could run 100 miles, why couldn't I walk 100 miles?" remembered Usrey.

Those 100 miles seemed quite daunting to Usrey's wife and family who suggested a 25-50 mile mark, still admirable given the circumstances, yet not quite "sexy"

enough for Usrey himself.

"Anyone could walk 25-50 miles I reasoned... but how many can say they've walked 100 miles in one single outing? Looking back that probably wasn't the smartest [decision], but it seemed reasonable at the time," said Usrey. "I had to beat this."

"I also wanted to teach my children that no matter what life throws at you, you can't quit."

So with a lion's heart, Usrey prepared himself for this milestone walk with constant research, a training plan, notes from all his training sessions, and a strict diet that would prepare his body, mind, and newly repaired joints for any surprises during his first true physical test since his operation.

"For the most part the walk went fine, my knees held up splendidly. The biggest challenge was my feet. I began walking at night to minimize my exposure to the sun. But in doing so I had to do the first 45 miles on blacktop as not to roll an ankle or trip on uneven ground," Usrey said.

Unfortunately, the friction and heat caused blood blisters on the entire bottom of both Usrey's feet. His doctor, in attendance for the walk, ended up cutting square plugs out on the bottom of each foot, allowing them to bleed throughout the remainder of the walk.

"Each loop I would have to have a sock change from the amount of blood soaking through. I also tried to use mole skin and change out each loop. Bad idea number two, the mole skin was impossible to remove as it was taking my skin right along with it, so needless to say the mole skin stayed on until the end," said Usrey.

Usrey completed his 100 mile walk in 48 hours; exactly one year to the day after double knee replacement surgery, losing three toenails and the tops of his shoes, which were cut off to reduce the swelling in his feet in the process.

"It's funny how I was worried about my knees and my feet ended up being the challenge," he said.

Now one year later Usrey is primed to complete his 100 mile trek yet again, only this time it's not for him or his recovery process.

"This next walk is all for the Wounded Warriors; I'll never in a million years be anything like them... I was injured in a training accident and many of them were wounded in combat, the only real connection is

that I can relate to them on one thing," said Usrey.

"Each of us has to make the decision to quit or fight. I chose to fight and we all hear stories of how Wounded Warriors are fighting back every day, and it's not just physical, but a mental and emotional challenge for them as well."

"It is tough not being who you used to be," explained Usrey.

Lt. Col. Usrey's plan is to do ten, ten mile loops around the 1st Cav. Div. area, here, at Fort Hood on Oct. 28, starting and stopping at the 1st Cav. Div. memorial on Cooper Field.

"Last time I didn't raise any money, but my friend, Sgt. Maj. (Ret.) Cavazos raised \$13,500 for the Wounded Warrior Project during his 100 mile run during our last deployment together, that's where I got the idea to walk for these men and women," he said.

Usrey has no definite dollar figure that he would like to see raised, as the event is actually about honoring the wounded and to raise awareness that their journey to recovery continues long after many have stopped thinking about them.

"But if I had to put a mark on the wall, I'd love to see a \$15,000 check going to WWP on Oct. 29 when I cross the finish line," Usrey added.

Lt. Col. Usrey is just one of many who are providing a large voice for the wounded military community, as there are never shortages of ways to get involved with these extraordinary decorated combat veterans that need a battle buddy now more than ever.

"We can never do enough," Usrey said.

"We should all honor those whose lives are forever changed simply because they chose to sever this nation."

"They have earned our freedom. And now we owe them and their families our eternal gratitude and support."



U.S. Army photo by Sgt. Kim Browne, 1st Cav. Div. PAO

**Lt. Col Jack Usrey starts his first ten mile loop down Battalion Avenue Oct. 27, with his wife Cindy, and 13 year old son Garrett, who walked 80 of the 100 miles his father completed today, here on Fort Hood, Texas.**





# Long Knife uncases colors

*photo by Pfc. Angel Washington, 4th AAB, PAO, 1st Cav. Div.*

**CONTINGENCY OPERATING SITE MAR-EZ, Iraq –Col. Brian Winski (left), commander of the 4th Advise and Assist Brigade, 1st Cavalry Division, and Command Sgt. Maj. Antoine Overstreet, uncase their colors during a transfer of authority ceremony, Oct. 18. Soldiers of the 4th AAB, 1st Cav. Div. assumed authority from the 2nd Advise and Assist Brigade, 3rd Infantry Division and will now support the Ninewa Province for Operation New Dawn.**



U.S. Army Photo by: Spc. Adam Turner, Editor

**RANGERS BALLPARK, Arlington, Texas —** The 1st cavalry Division Honor Guard “posts’ the nations colors behind the pitcher’s mound of Rangers ballpark Oct. 10. While 20 members of America’s First Team unfurl old glory in center field before game 4 of the American League Championship Series here. Look for America’s first team ‘again’ live from Arlington during the National Anthem of World Series game 4, Sunday Oct. 31 2010



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# Air Cav pilot inducted into hall of fame

By Staff Sgt. Joe Armas  
1st ACB, 1st Cav. Div. PAO

**FORT HOOD, Texas** — From the skies of Baghdad to the skies of Central Texas, his career as an Army aviator has taken him places and graced him with experiences that few others can account for.

With four combat tours and 800 combat missions to his credit, Chief Warrant Officer 4 Carl Fox, a standardization instructor pilot with the 1st Air Cavalry Brigade, joined select company when he was inducted into the Combat Airman Hall of Fame, Oct. 8, in Midland, Tx.

The hall of fame, which includes previous inductee President George H.W. Bush, recognizes American aviators who have served their country in combat with distinction.

Fox, who is originally from Proctorville, Ohio, is assigned to Company B, 1st Attack Reconnaissance Battalion, 227th Aviation Regiment, 1st ACB.

For Fox, receiving the award was a humbling and gratifying experience.

“It was remarkable,” he said. “I had the opportunity to share war stories and spend time with combat veterans from World War II and the Korean War.”

His achievements as an Army aviator in combat situations are what led him to garner such recognition.

During the four-day event, Fox was able to share the experience with people from all over the country with whom he shared a common bond.

Fox was informed that to this point, he is the only combat veteran from the conflicts in Iraq and Afghanistan to be inducted, but he was assured that he would not be the last.

As he accepted his award on stage, Fox thought about those who were not there with him in person, but in spirit.

“It was very humbling to be recognized in this manner, and I’m not the only one who deserved this award” said Fox. “I accepted the award on behalf of four of my

fellow comrades who were killed in Iraq while supporting ground troops who were in contact.”

Many of his family members made the trip from Ohio to witness his induction, which added to the special occasion.

Fox, at times emotional, said his parents sacrificed a lot to get him through college, and were very proud to be there. Furthermore, it meant a lot to him to have his wife there, whom he credits with keeping everything under control back home while he was deployed in combat, allowing him to focus on the task at hand.

As for his time in combat, one of his colleagues can vouch for the fact that Fox has always been there for others.

There were many occasions when ground forces needed reinforcements and he (Fox) was there to provide suppressive fire from the air and help them achieve their objective,” said Chief Warrant Officer 3 Wayne Turner, a safety officer with Company B, 1-227th, 1st ACB, originally from Marietta, Ga.

Turner also points out the fact that Fox knew how to help others handle the stress that can arise during combat deployments.

“Whenever we were faced with adverse situations, he was always the calm figure who remained steady and focused,” said Turner.

Moreover, Fox vividly remembers some of the trying times he faced while deployed to Iraq.

He talked about the time when his team of four Apache Longbows engaged the enemy during the initial invasion of Iraq in 2003. Not only did one Apache crash, resulting in two pilots getting captured, but four other pilots in two other aircraft were forced to make emergency landings. In what seemed like the blink of an eye, his Apache Longbow was the only one left to finish the mission. This was Fox’s first combat mission, and to this date the most dangerous, he noted.

His second combat tour in 2004 was equally challenging.



Courtesy Photo  
**Chief Warrant Officer 4 Carl Fox, from Proctorville, Ohio, assigned to Company B, 1st Attack Reconnaissance Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, poses for a photo in front of an AH-64D Apache attack helicopter in March, 2010.**

“Our battalion (1-227) covered a lot of ground that tour,” he said. “I remember flying into sand storms and not knowing if I was going to make it out of there,” he said.

“It seemed like we were fighting every day from Najaf to Fallujah, but our morale was as high as it had ever been,” said Fox.

In the end, Fox’s induction into the Combat Airman Hall of Fame is a testament to his service to this country during a time of hostilities, but equally noteworthy is his humbleness in receiving the honor.

He’s a very humble person, said Turner. He would be the last to say that he deserves induction, even though he does.

# Pack on the move to NTC

By Spc. Sharla Lewis  
3rd BCT PAO, 1st Cav. Div.

**FORT IRWIN, California** – 3rd Brigade Combat Team, 1st Cavalry Division conducted reception, staging, onward movement and integration (RSOI) at the National Training Center, here, at Fort Irwin, Calif., this week in order to prepare its troops for a two week training exercise here.

RSOI is a week-long preparation units conduct once arriving at NTC and consists of personnel and equipment readiness, communications maintenance and operations, personnel training and installing multiple integrated laser engagement system (MILES) equipment on vehicles.

“This gives us the foundation to ensure people and equipment are ready to enter the full spectrum operations phase of the rotation,” said Lt. Col. Thomas Jauquet, the brigade’s deputy commander. “The success of RSOI

directly impacts the success of our full spectrum operations.”

After arriving on flights over a three day period, Soldiers settled into tents on Forward Operating Base Warrior, the holding area for units preparing to conduct field training exercise.

Throughout the week, units set up their tactical operations centers, downloaded their equipment, ran cables, conducted training, installed radios and readied their vehicles for the exercise.

The troops participated in classes at the Army Center For Excellence, on Fort Irwin, that provided an in-depth view of assets used in combat today. Soldiers learned handheld interagency identity detection equipment (HIIDE), counter-remote controlled improvised explosive device electronic warfare (CREW) systems, Shadow unmanned aerial vehicles, counter sniper tactics, escalation of force, entry control point techniques and battle field forensics, along with a myriad of others.

These activities are important to the units because they follow the Army Force Generation Model Train and Ready Phase. Units in the training and ready phase train more extensively for deployment and prepare them for specific overseas missions. This training ensures a smooth transition from preparing to deploy to deploying.

“This is the major training event before we deploy. Nothing we can do short of deploying better prepares us than a (combat training center) rotation,” Jauquet said. “Just as RSOI directly impacts our full spectrum operations, NTC plays a direct role in our deployment.”



U.S. Army photo by Spc. Sharla Lewis, 3rd BCT PAO, 1st Cav. Div

**(Left) Soldiers with 3rd Brigade Special Troops Battalion, 3rd Brigade Combat Team, 1st Cavalry Division, haul a box of radios to the motorpool of the National Training Center at Fort Irwin, Calif. The troops are preparing their equipment and personnel for a two week field exercise to ready the unit for a deployment early next year.**



8 November 2004 - At 0200 hours, reminiscent of their bloody urban assault to remove North Vietnamese soldiers who occupied the ancient citadel of Hue in the 1968 Tet Offensive, modern day Marine, 1st Cavalry Division troops and Iraqi Commandos begin the ground assault on Fallujah, Operation DAWN/PHANTOM FURY,

NOV 8



# THIS MONTH IN 1ST CAV HISTORY

*In the months after the fall of Saddam Hussein in 2003, Fallujah was one of the most peaceful areas of the country. There was very little looting, and the new mayor of the city, Taha Bidaywi Hamed, selected by local tribal leaders, was staunchly pro-American. However, events were soon to heat up to the boiling point. The pre-operation timeline is as follows:*

*On April 28, 2003, a crowd of 200 people defied a local curfew and gathered outside a local school to protest the presence of foreign forces in the city. The protest escalated as gunmen reportedly fired upon U.S. troops from the protesting crowd and U.S. Army soldiers from the 3rd Battalion of the 325th Airborne Infantry Regiment of the 82nd Airborne Division returned fire, killing 17 people and wounding more than 70 of the protesters. A paratrooper, SPC Vincent Black of the 173rd Airborne Brigade Combat Team, who had jumped from a C-17 operated by the 786th Security Forces Squadron, was wounded by a RPG-7 and dramatically med-evac'd during the intense firefight. U.S. forces said that the firefight took place over 30–60 minutes, however other sources indicate that shooting continued for over 2 hours.*

*In February, 2004, control of Fallujah and the surrounding area in the Al-Anbar province was transferred from the U.S. 82nd Airborne Division to the 1st Marine Division. Shortly afterward, on March 31, 2004, four American Blackwater USA contractors were ambushed and killed in the city. Images of their mutilated bodies were broadcast around the world.[15]*

*Within days, U.S. Marine Corps forces launched Operation Vigilant Resolve (April 4, 2004) to take back control of the city from insurgent forces. On April 28, 2004, Operation Vigilant Resolve ended with an agreement that the local population would keep the insurgents out of the city. The Fallujah Brigade, composed of local Iraqis under the command of Muhammed Latif, a former Baathist general, was allowed to pass through coalition lines and take over the city.*

*Insurgent strength and control began to grow to such an extent that by September 24, 2004, a senior U.S. official told ABC News that catching Abu Musab Al-Zarqawi, said to be in Fallujah, was now “the highest priority,” and estimated his troops at 5,000 men, mostly non-Iraqis.*

*The Second Battle of Fallujah — code-names Operation Al-Fajr (Arabic, “the dawn”) and Operation Phantom Fury — was a joint U.S.-Iraqi -British offensive in November and December 2004. It was led by the U.S. Marine Corps against the Iraqi insurgency stronghold in the city of Fallujah and was authorized by the U.S.-appointed Iraqi Interim Government. The U.S. military called it “some of the heaviest urban combat U.S. Marines have been involved in since the Battle of Huế City in Vietnam in 1968.”[14]*

*This operation was the second major operation in Fallujah. Earlier, in April 2004, Coalition Forces fought the First Battle of Fallujah in order to capture or kill insurgent elements considered responsible for the deaths of a Blackwater Security team. When Coalition Forces (a majority being U.S. Marines) fought into the center of the city, the Iraqi government requested that control of the city be turned over to an Iraqi-run local security force, which then began stockpiling weapons and building complex defenses across the city in mid-2004. To date, it is the bloodiest battle of the war in Iraq.*



## 1CD COMMANDING GENERAL'S GOLF SCRAMBLE

Photos By: Spc. Adam Turner, Editor



FORT HOOD, TEXAS — Soldiers, spouses, friends of the Cav., and many members of Fort Hood’s surrounding communities came together on the links Oct. 26, for the 1st Cav. Div’s. Commanding General Scramble. Participants played two nine hole courses during the “best-ball” tournament on ‘Deer Run,’ and ‘Panther Claw’ here on the Courses of Clear Creek.



# "FIRST TEAM - TEAM FIRST"

## "ONE SUICIDE IS ONE TOO MANY"

### Army Suicide Statistics:

- ♦ In 2009, 160 active duty Soldiers took their lives.
- ♦ Suicide is the 3rd leading cause of death among the Army population.
- ♦ For every suicide, there are 10 suicide attempts.
- ♦ 72.9% of suicides are carried out in the U.S.
- ♦ The "typical" suicide victim was an Active Component, 23-year old, Caucasian, junior-enlisted male Soldier.
- ♦ Most suicides were committed using firearms.
- ♦ About 35% of Army-wide suicides are committed by Soldiers who never deploy.
- ♦ There were 32 confirmed or suspected suicides in the Army in June 2010 alone, an increase of 22 from the previous month.

~ Sergeant Major of the Army  
Kenneth O. Preston

*Do you know the warning signs for suicide?*

*If anyone you know exhibits these signs, get help as soon as possible by contacting a mental health professional or by calling the National Suicide Prevention Lifeline at (800) 273-TALK.*

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself.
- Looking for ways to kill oneself by seeking access to firearms, available pills or other means.
- Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person.
- Feeling hopeless.
- Feeling rage, uncontrolled anger or seeking revenge.
- Acting reckless or engaging in risky activities.
- Feeling trapped.
- Increasing alcohol or drug use.
- Withdrawing from friends, family and society.
- Feeling anxious, agitated; unable to sleep or sleeping all the time.
- Experiencing dramatic mood changes.
- Seeing no reason for living or having no sense of purpose in life.

**NO SOLDIER FIGHTS  
ALONE KNOW THE  
SIGNS:**



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**Live The Legend!**